

# *Caring for the Mind*

*Providing Mental Health Information at Your Library*

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<https://nnlm.gov/pnr>

**[Session Slides and Handout](https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations)**

<https://nnlm.gov/pnr/guides/training-resources-you-can-use/presentations>



**U.S. National Library of Medicine**

*National Network of Libraries of Medicine  
Pacific Northwest Region*

## National Institutes of Health

Nation's research agency  
27 institutes and offices

NIH

## National Library of Medicine

World's largest biomedical library

NLM

## National Network of Libraries of Medicine

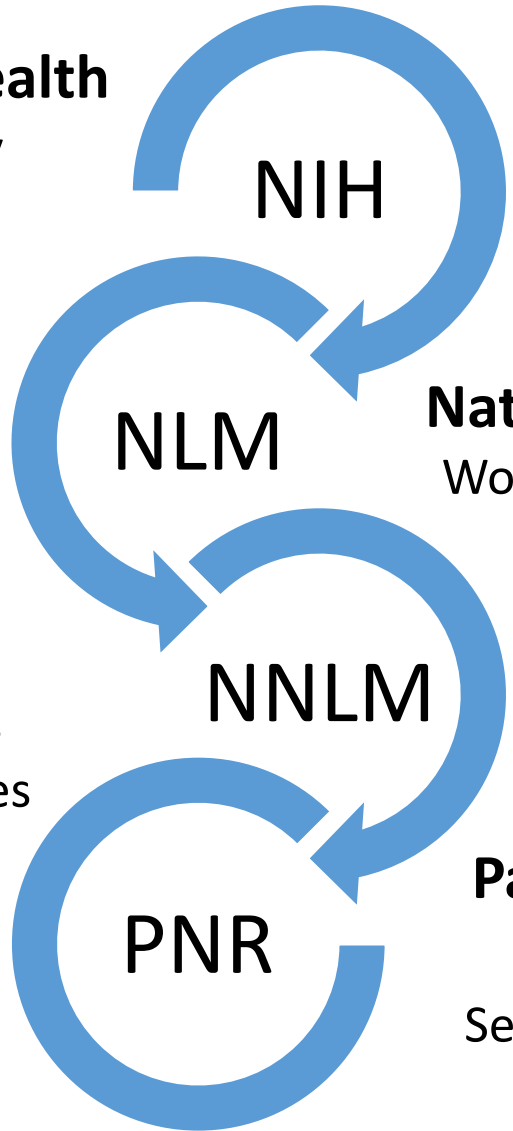
Program of the NLM comprised of 8  
Regional Libraries (RMLs) and 5 offices

NNLM

## Pacific Northwest Region (NNLM PNR)

Serves Alaska, Idaho, Montana,  
Oregon, Washington

PNR



# National Network of Libraries of Medicine (NNLM)



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

# Caring for the Mind: Objectives

Gain awareness of mental health issues

Learn practices for responding to challenging questions  
for mental health information

Be informed of tools and resources for mental health information

# Mental Health Facts

Statistics. Definitions. Language.

# Mental Health Definitions

- **Any mental illness (AMI)** is defined as a mental, behavioral, or emotional disorder. AMI can vary in impact, ranging from no impairment to mild, moderate, and even severe impairment (e.g., individuals with serious mental illness as defined below).
- **Serious mental illness (SMI)** is defined as a mental, behavioral, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. The burden of mental illnesses is particularly concentrated among those who experience disability due to SMI.

[Definitions from the National Institute of Mental Health](#)

# Mental Health Stats

You are NOT  
**ALONE**

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults  
experience  
mental illness

**1 in 25**

1 in 25 U.S. adults  
experience serious  
mental illness

**17%**

of youth (6-17 years)  
experience a mental  
health disorder

[NAMI Infographics and Factsheets](https://www.nami.org/Learn-More/Fact-Sheet-Library)

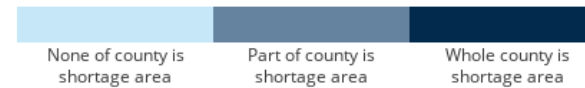
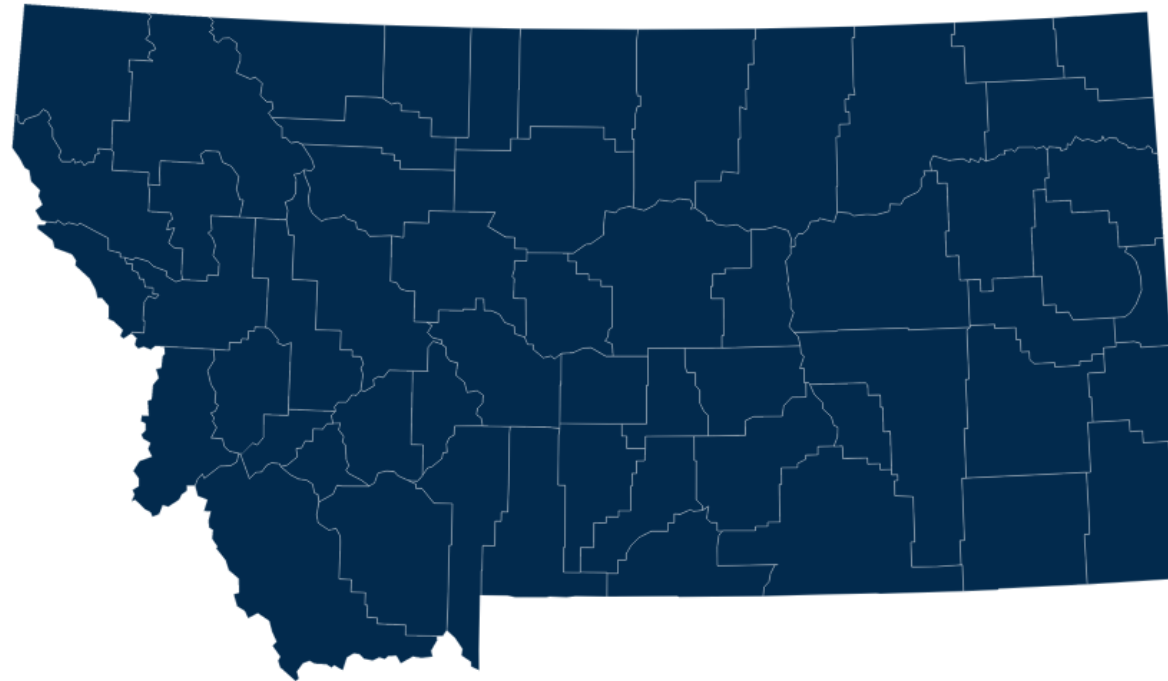
<https://www.nami.org/Learn-More/Fact-Sheet-Library>



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National Network of Libraries of Medicine  
Pacific Northwest Region

# Montana Mental Health Professional Shortage

Health Professional Shortage Areas: Mental Health, by County, 2019 - Montana



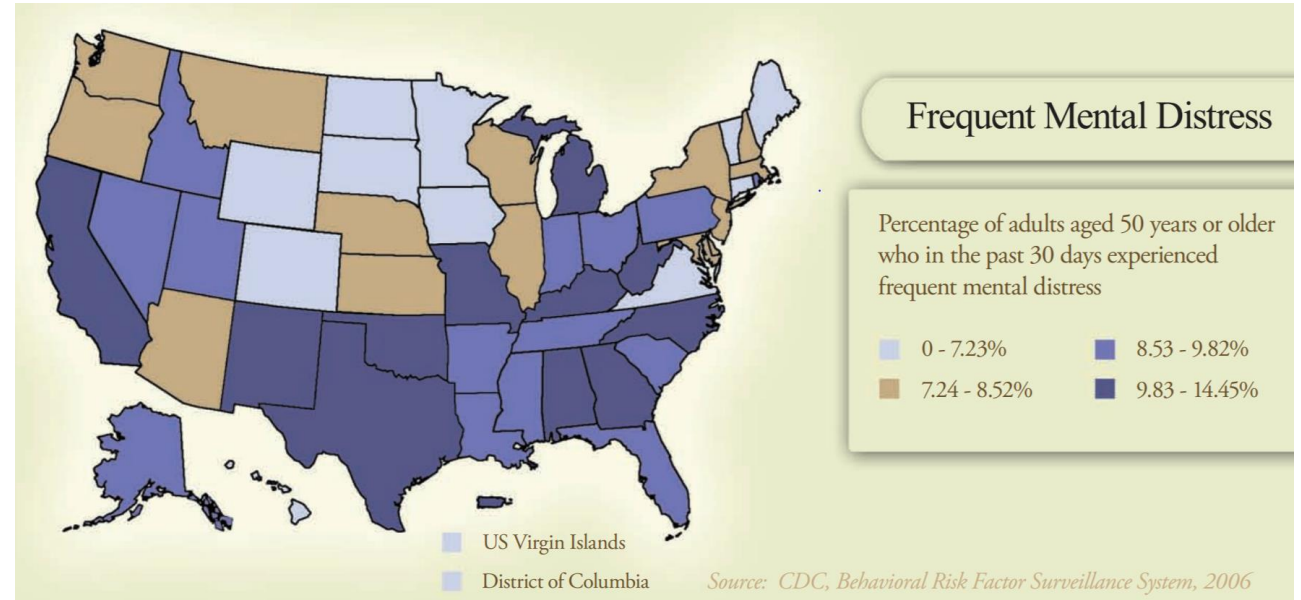
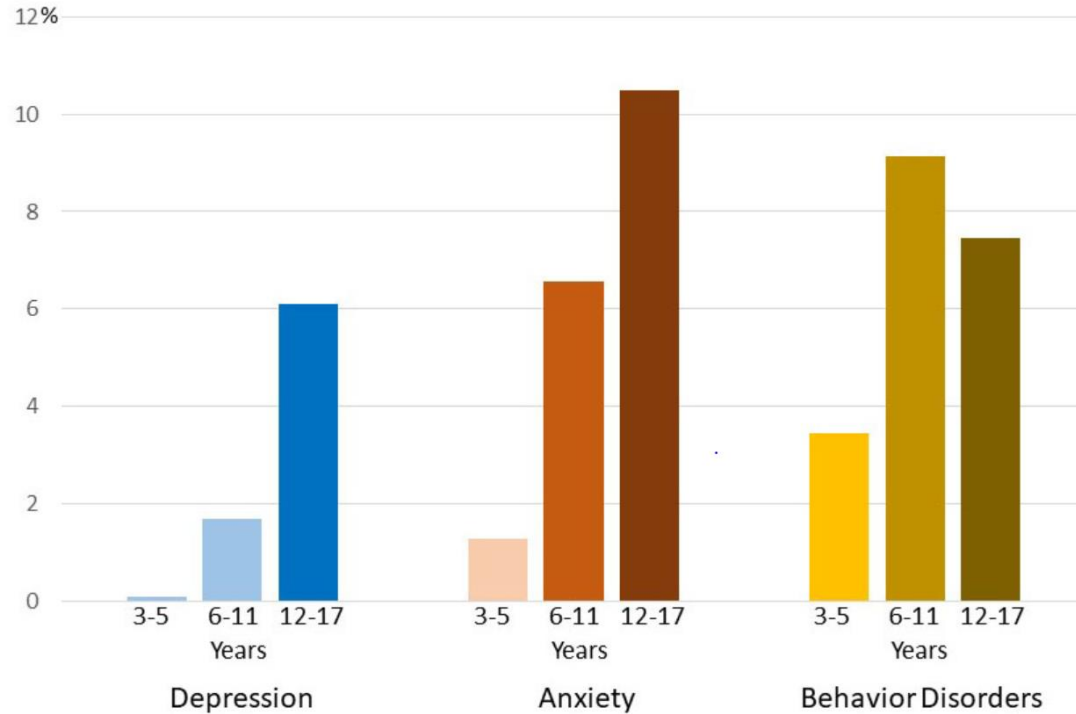
Source: [data.HRSA.gov](https://data.hrsa.gov), October 2019.





# Children and Seniors

Depression, Anxiety, Behavior Disorders, by Age



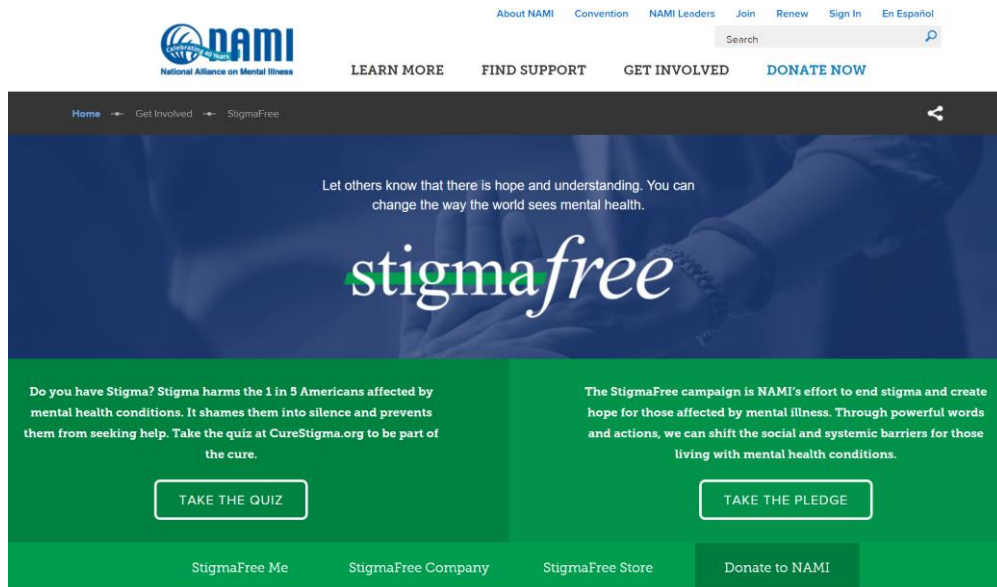
[CDC Children's Mental Health](https://www.cdc.gov/childrensmentalhealth/data.html): <https://www.cdc.gov/childrensmentalhealth/data.html>

[CDC State of Mental Health and Aging in America](https://www.cdc.gov/aging/pdf/mental_health.pdf): [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)

# Causes of Mental Health

- Your genes and family history
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood
- Biological factors such as chemical imbalances in the brain
- A traumatic brain injury
- A mother's exposure to viruses or toxic chemicals while pregnant
- Use of alcohol or recreational drugs
- Having a serious medical condition like cancer
- Having few friends, and feeling lonely or isolated

# Stigma



- Prompts subtle and overt prejudice, discrimination, fear, and stereotyping
- Results in avoidance to work, socialize, and live with persons with mental illness
- Impedes persons with mental illness to seek help
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment

[NAMI, stigmafree](#)  
[Mayo Clinic](#)

# Mental Health Literacy

## Includes:

- Understanding how to obtain and maintain positive mental health
- Understanding mental disorders and their treatments
- Decreasing stigma related to mental disorders
- Enhancing help-seeking efficacy (knowing when and where to seek help and developing abilities to improve one's mental health care and self-management)

[Kutcher S, Wei Y, Coniglio C. Mental Health Literacy: Past, Present, and Future. Can J Psychiatry. 2016;61\(3\):154–158.](#)

# Best Practices for Reference Interviews

Tips. Best Practices.

# Practices for responding to challenging questions for mental health information

- Respect Confidentiality
- Actively Listen
- Be empathetic and patient
- Know the difference between providing health information and giving health advice (stay within scope)

\*Use the same approach as with any other reference interview\*

# Open Ended Questions

- “What kind of information on ...are you looking for?”
- “Would you tell me more about ...?”
- “When you say..., what do you mean?”
- “What do you already know about ...?”

Source: Reference Interview Skills 2004: Looking for Questions in all the Right Places InfoPeople by Carol Leita and Sallie Pine

# Expressions: person-first language

Avoid expressions like:

“a schizophrenic or an alcoholic”

In favor of:

“a person with schizophrenia” or

“an individual with alcohol dependence”



# Patrons with Mental Illness

Behaviors may or may not be associated with mental illness but maybe due to:

- Brain injury
- Substance misuse
- Intellectual or developmental disabilities
- Physical illness
- Side effect of medication

# Library Policies

Library policies should follow the American with Disabilities Act (ADA) and other legal requirements

ADA requires that libraries provide services to people with disabilities that are provided for those without disabilities

- ALA Policies: [Library Services for People with Disabilities](#)
- ALA [Code of Ethics](#)
- ADA [Regulations title II, subtitle A](#)

Flexible enough to accommodate all patrons

# Guidelines for Library Services for People with Mental Illnesses

- Treat people with mental health issues with the same respect and consideration as other patrons
- Avoid making assumptions based on behavior (remember that a patron is just as likely to be on the phone as talking to him-or herself)
- Remember that mental illness is not the same as unusual, deviant, or criminal behavior, or a cognitive disability
- Respect the privacy of a patron—have a discreet, but safe, place to talk if necessary

[ALA ASGCLA Guidelines for Library Services for People with Mental Illnesses](#)



# ALA Guidelines, continued:

- Allow enough time to meet the needs of patrons with orientation issues
- Be aware of the wide range of behaviors associated with mental health issues
- Help increase community awareness of mental illness with displays, programs, books, and other materials
- Have enough signage to allow patrons to be independent
- Select and recommend titles on health issues based on community needs and requests (do not assume)

# ALA Guidelines, more:

- Do not share your anecdotal stories to demonstrate that you understand; this may convey the wrong message (each situation is different, respect that difference)
- From partnerships with agencies, professionals, and self-advocates to assess and meet the needs of people with mental illness
- Take care to correct negative stereotypes
- Set and enforce standards of tolerance that reflect well on the library and serve as a model for the children and teens in your community
- Reach out to group homes, state institutions, mental health clinics, and facilities

# Key Elements in Empathic Listening

- Be non-judgmental
- Give undivided attention
- Listen carefully to what the person is really saying
- Allow silence for reflection
- Use restatement to clarify messages
- Refer individuals to their health care providers



Adapted from Mental Health First Aid

# If it gets emotional...

Four step approach:

- STOP
- BREATHE
- REFLECT
- CHOOSE



**Source:** Spatz, M.  
Answering Consumer Health Questions. 2008

# Communicating with those with challenging behavior

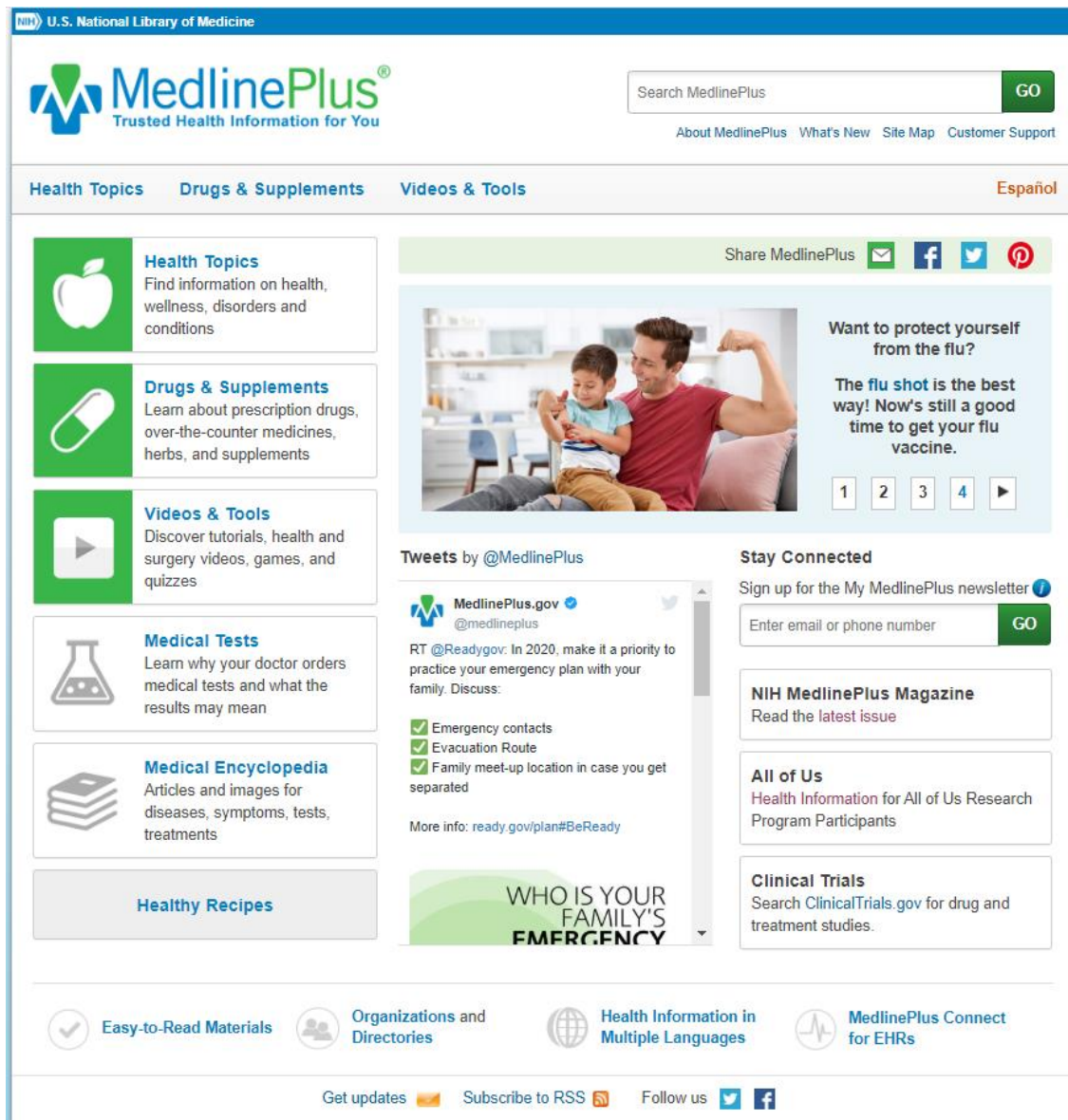
- Be respectful
- Don't assume lack of intelligence
- Be honest
- Don't ignore
- Don't mirror patron's behavior
- Under-react
- Follow library's policies
- Keep an arm's length away
- Set limits/boundaries

Psychology Today: Strategies for communicating effectively with people with mental illness. [Threat Management](#)



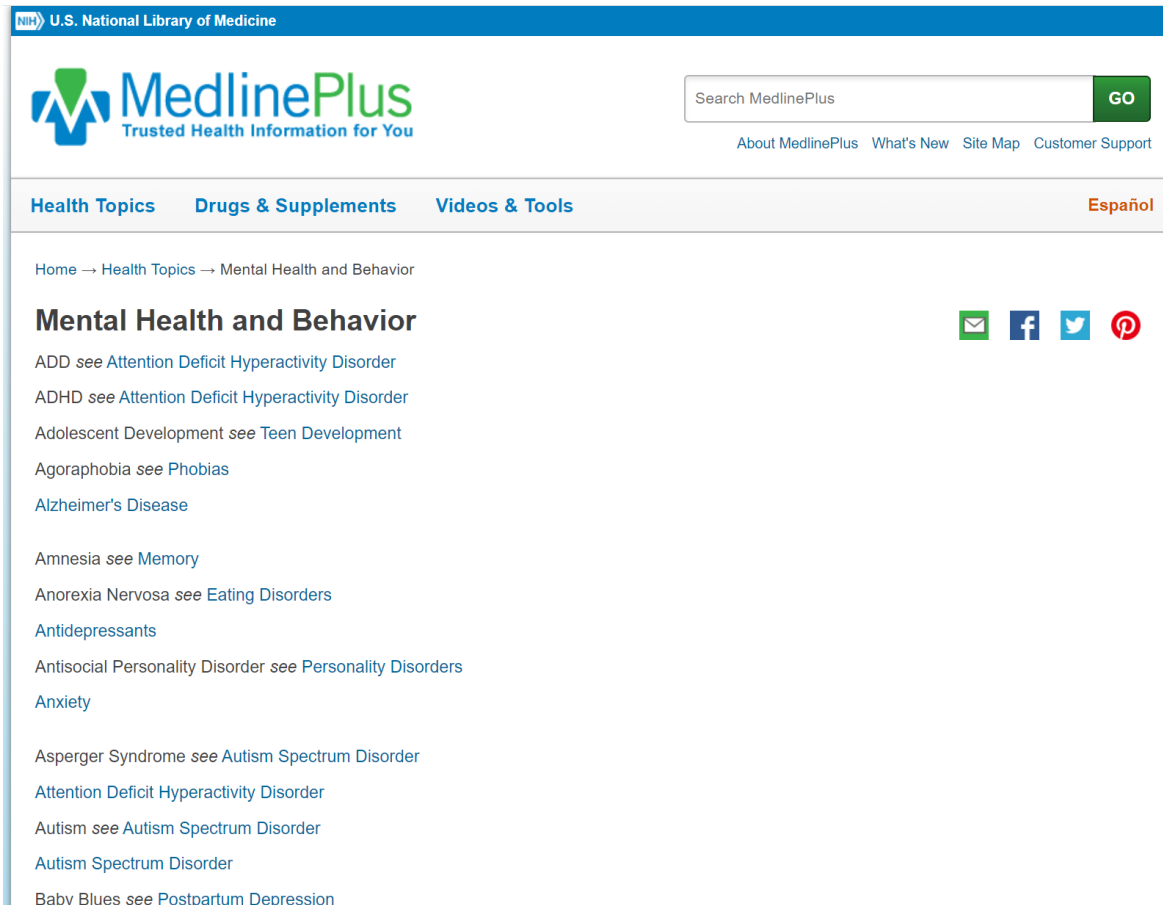
# Health Information Resources

Trusted Health Information Websites.




- Links to reliable, authoritative health websites
- Easy-to-read articles
- Lab test information
- Medical encyclopedia
- Social media presence
- Clinical Trials information
- Links to local services
- English, Spanish and other languages
- MedlinePlus Magazine
- No Advertisements!


# MedlinePlus- Mental Health



- Start with the health topics
- For basic information, you can use the medical encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Learn more about drug information
- Learn about supplements and interactions

# MedlinePlus Health Topics

 U.S. National Library of Medicine



Search MedlinePlus

[About MedlinePlus](#) [What's New](#) [Site Map](#) [Customer Support](#)

[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#)

[Home](#) → [Health Topics](#) → [Eating Disorders](#)

## Eating Disorders

Also called: Anorexia nervosa, Binge eating, Bulimia

**On this page**

Basics

- Summary
- Start Here
- Diagnosis and Tests
- Treatments and Therapies

Learn More

- Living With
- Related Issues
- Specifics

See, Play and Learn

- No links available

Research






- Clinical Trials
- Journal Articles


Resources

- Reference Desk
- Find an Expert


For You

- Children
- Teenagers
- Women
- Patient Handouts





### Stay Connected

Sign up for the My MedlinePlus newsletter 

### Summary

#### What are eating disorders?

Eating disorders are serious mental health disorders. They involve severe problems with your thoughts about food and your eating behaviors. You may eat much less or much more than you need.

## Start Here

- [Eating Disorders \(NAMI\)](#)
- [Eating Disorders !\[\]\(633dd45d48d71eb51a85c6dd83ee51e9\_img.jpg\) \(National Institute of Mental Health\)](#)
- [Eating Disorders: About More Than Food !\[\]\(bdddf9191a284aa0945448444083c5b0\_img.jpg\) \(National Institute of Mental Health\)](#)  
Also in Spanish
- [Let's Talk about Eating Disorders !\[\]\(944943bcf87a12c5b9337bf7ed1ef546\_img.jpg\) \(National Institute of Mental Health\) - PDF](#)  
Also in Spanish
- [When Food Consumes You: Taking Eating to Extremes !\[\]\(77e1e368d53d3ed6ec2a15bf2432e026\_img.jpg\) \(National Institutes of Health\)](#)  
Also in Spanish

## Diagnosis and Tests

- [Mental Health Screening !\[\]\(4c660a3c4ce1da3313488b7854f55083\_img.jpg\) \(National Library of Medicine\)](#)  
Also in Spanish

## Treatments and Therapies

- [Eating Disorder Treatment: Know Your Options \(Mayo Foundation for Medical Education and Research\)](#)  
Also in Spanish

## Living With

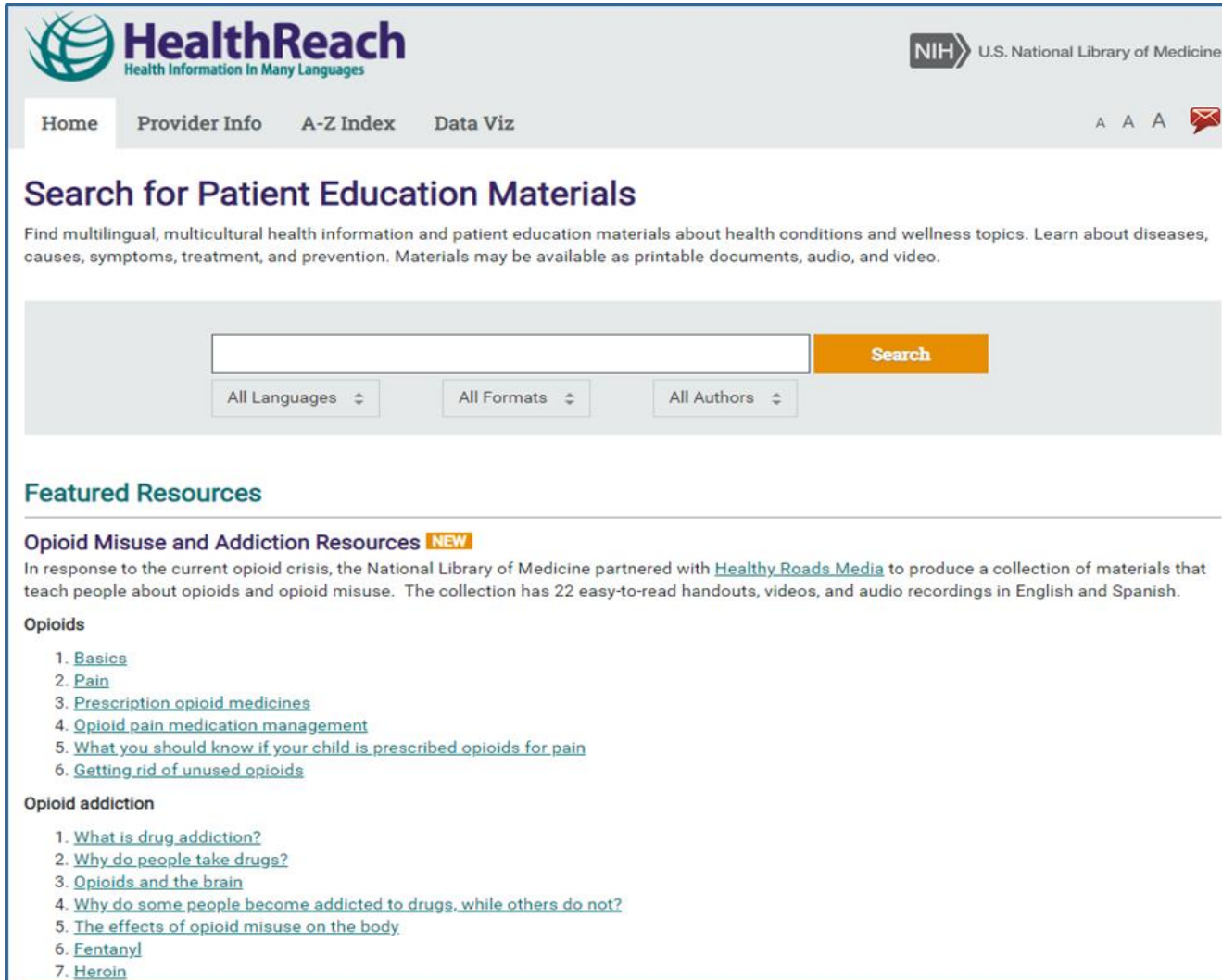
- [Intervention: Help a Loved One Overcome Addiction \(Mayo Foundation for Medical Education and Research\)](#)  
Also in Spanish

## Related Issues

- [Compulsive Exercise \(Nemours Foundation\)](#)
- [What People with Anorexia Nervosa Need to Know about Osteoporosis !\[\]\(0f13e74bece43321be4542883500ac30\_img.jpg\) \(National Institute of Arthritis and Musculoskeletal and Skin Diseases\)](#)

## Specifics

- [Anorexia Nervosa \(Department of Health and Human Services, Office on Women's Health\)](#)
- [Avoidant/Restrictive Food Intake Disorder \(Merck & Co., Inc.\)](#)



The screenshot shows the HealthReach website, which is part of the U.S. National Library of Medicine. The header includes the HealthReach logo with the tagline "Health Information In Many Languages" and the NIH logo with "U.S. National Library of Medicine". Navigation links for "Home", "Provider Info", "A-Z Index", and "Data Viz" are present. A search bar is prominently displayed with a "Search" button and filters for "All Languages", "All Formats", and "All Authors". Below the search bar, there is a section titled "Featured Resources" with a sub-header "Opioid Misuse and Addiction Resources" marked as "NEW". A descriptive paragraph follows, mentioning a partnership with Healthy Roads Media. Two lists of resources are provided: one for "Opioids" and another for "Opioid addiction", each containing numbered links to various educational materials.

**HealthReach**  
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

### Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Search

All Languages All Formats All Authors

#### Featured Resources

##### Opioid Misuse and Addiction Resources **NEW**

In response to the current opioid crisis, the National Library of Medicine partnered with [Healthy Roads Media](#) to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.

###### Opioids

1. [Basics](#)
2. [Pain](#)
3. [Prescription opioid medicines](#)
4. [Opioid pain medication management](#)
5. [What you should know if your child is prescribed opioids for pain](#)
6. [Getting rid of unused opioids](#)

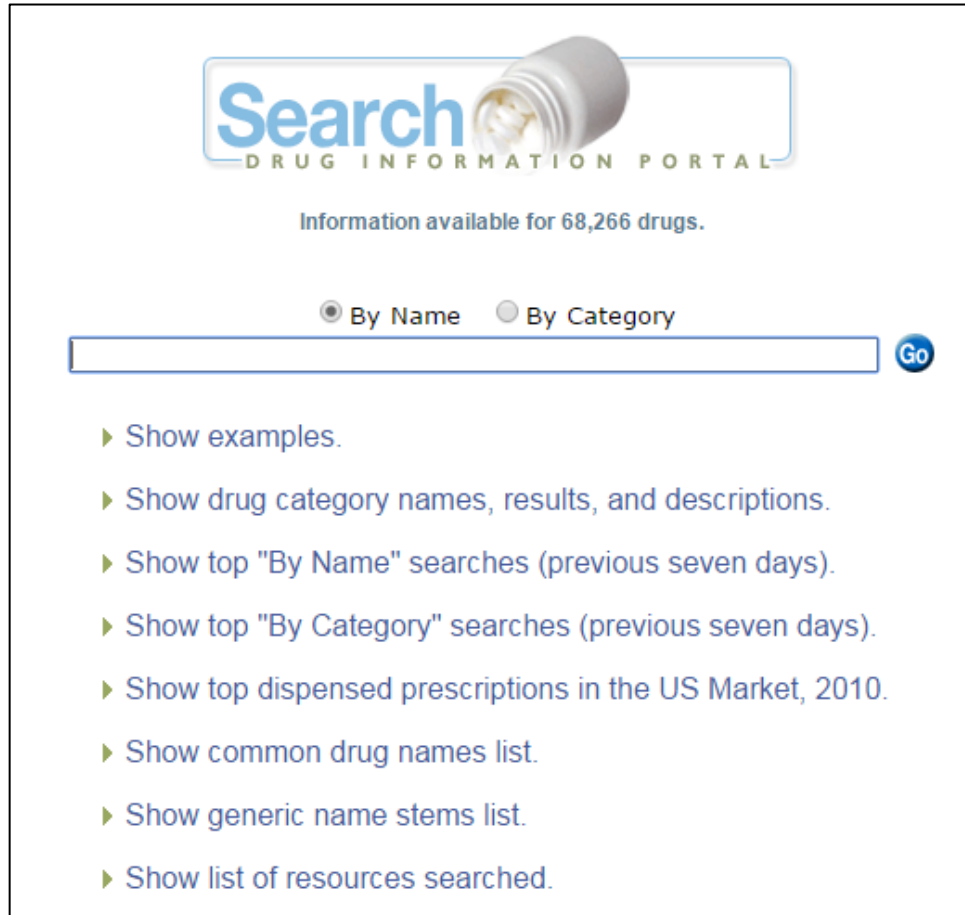
###### Opioid addiction

1. [What is drug addiction?](#)
2. [Why do people take drugs?](#)
3. [Opioids and the brain](#)
4. [Why do some people become addicted to drugs, while others do not?](#)
5. [The effects of opioid misuse on the body](#)
6. [Fentanyl](#)
7. [Heroin](#)

- Multilingual and multicultural
- Health education materials in various languages and formats
- Provider information
- National collaboration
- Submit your resources

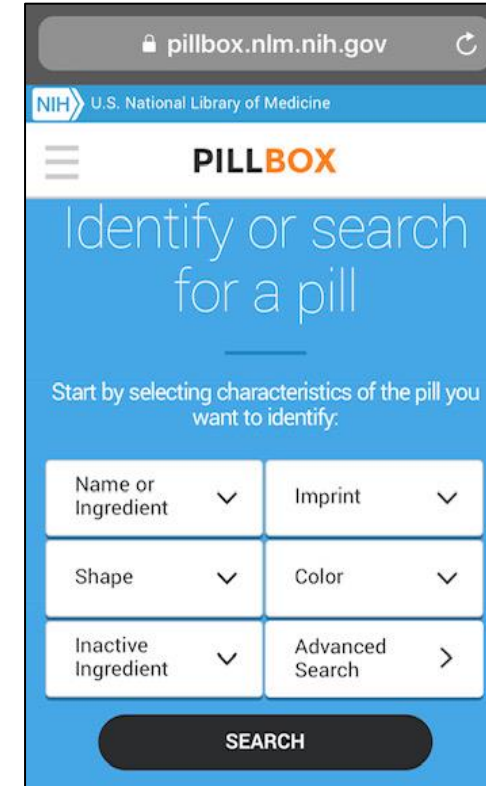
**HealthReach:** <https://healthreach.nlm.nih.gov/>

# Drug Information Portal & Pillbox



The screenshot shows the Drug Information Portal search interface. At the top, there is a search bar with the word "Search" in large blue letters and a small image of a pill. Below the search bar, it says "DRUG INFORMATION PORTAL" and "Information available for 68,266 drugs." There are two radio buttons for "By Name" (selected) and "By Category". Below these is a search input field and a "Go" button. A list of links is provided below the search field:

- Show examples.
- Show drug category names, results, and descriptions.
- Show top "By Name" searches (previous seven days).
- Show top "By Category" searches (previous seven days).
- Show top dispensed prescriptions in the US Market, 2010.
- Show common drug names list.
- Show generic name stems list.
- Show list of resources searched.



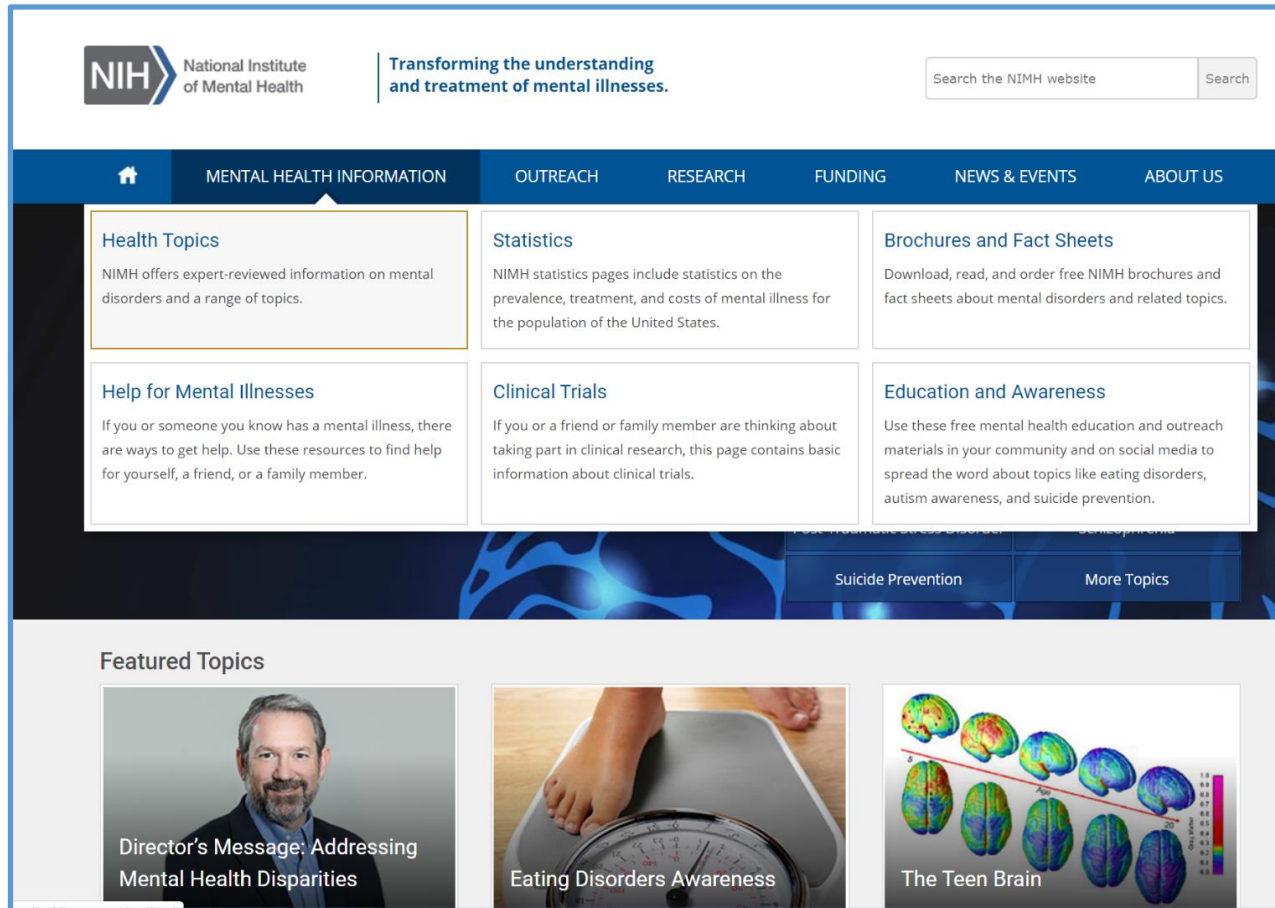
The screenshot shows the Pillbox search interface on a mobile device. The address bar shows "pillbox.nlm.nih.gov". The header includes the NIH logo and "U.S. National Library of Medicine". The main heading is "PILLBOX" in orange. Below this is the text "Identify or search for a pill". A prompt says "Start by selecting characteristics of the pill you want to identify." There are six dropdown menus arranged in a 3x2 grid: "Name or Ingredient", "Imprint", "Shape", "Color", "Inactive Ingredient", and "Advanced Search". A large black "SEARCH" button is at the bottom.

[Drug information Portal](http://druginfo.nlm.nih.gov/drugportal): [druginfo.nlm.nih.gov/drugportal](http://druginfo.nlm.nih.gov/drugportal)

[Pillbox](http://pillbox.nlm.nih.gov): [pillbox.nlm.nih.gov](http://pillbox.nlm.nih.gov)



# National Institute of Mental Health



- Health information
- Resources to find help
- Free education and outreach materials (including social media)
- Free webinars, Reddit events

**NIMH:** <https://www.nimh.nih.gov>

# MedlinePlus –Youth Mental Health

## MedlinePlus – Teen Mental Health

The screenshot shows the MedlinePlus website interface for the 'Teen Mental Health' topic. At the top, there is a search bar and navigation links. The main content area is titled 'Teen Mental Health' and includes a 'Summary' section with a paragraph about the challenges of being a teenager. Below this, there are links to 'On this page' (Basics, Learn More, See, Play and Learn), 'Research', 'Resources', and 'For You'. A 'Stay Connected' section offers a newsletter sign-up. A 'MEDICAL ENCYCLOPEDIA' section provides links to articles on coping with stress, depression, and teen depression. A 'Related Health Topics' section lists 'Bullying' and 'Child Mental Health'.

U.S. National Library of Medicine

MedlinePlus  
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Teen Mental Health

### Teen Mental Health

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Diagnosis and Tests</li><li>Treatments and Therapies</li></ul>	<ul style="list-style-type: none"><li>Related Issues</li><li>Specifics</li></ul>	<ul style="list-style-type: none"><li>Health Check Tools</li></ul>

Research	Resources	For You
<ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<ul style="list-style-type: none"><li>Find an Expert</li></ul>	<ul style="list-style-type: none"><li>Teenagers</li><li>Patient Handouts</li></ul>

#### Summary

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family, and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

#### Start Here

- Child and Adolescent Mental Health (National Institute of Mental Health)

Stay Connected

Sign up for the My MedlinePlus newsletter

Enter email address GO

MEDICAL ENCYCLOPEDIA

Help your teen cope with stress

Helping your teen with depression

Managing your depression - teens

Recognizing teen depression

Related Health Topics

Bullying

Child Mental Health

## MedlinePlus – Child Mental Health

The screenshot shows the MedlinePlus website interface for the 'Child Mental Health' topic. At the top, there is a search bar and navigation links. The main content area is titled 'Child Mental Health' and includes a 'Summary' section with a paragraph about the importance of recognizing and treating mental illnesses in children early on. Below this, there are links to 'On this page' (Basics, Learn More, See, Play and Learn), 'Research', 'Resources', and 'For You'. A 'Stay Connected' section offers a newsletter sign-up. A 'MEDICAL ENCYCLOPEDIA' section provides links to articles on children and grief, generalized anxiety disorder, reactive attachment disorder, stereotypic movement disorder, stress in childhood, and traumatic events and children.

U.S. National Library of Medicine

MedlinePlus  
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus What's New Site Map Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Child Mental Health

### Child Mental Health

On this page

Basics	Learn More	See, Play and Learn
<ul style="list-style-type: none"><li>Summary</li><li>Start Here</li><li>Diagnosis and Tests</li><li>Treatments and Therapies</li></ul>	<ul style="list-style-type: none"><li>Related Issues</li><li>Specifics</li></ul>	<ul style="list-style-type: none"><li>No links available</li></ul>

Research	Resources	For You
<ul style="list-style-type: none"><li>Statistics and Research</li><li>Clinical Trials</li><li>Journal Articles</li></ul>	<ul style="list-style-type: none"><li>Find an Expert</li></ul>	<ul style="list-style-type: none"><li>Children</li><li>Patient Handouts</li></ul>

#### Summary

It's important to recognize and treat mental illnesses in children early on. Once mental illness develops, it becomes a regular part of your child's behavior. This makes it more difficult to treat.

But it's not always easy to know when your child has a serious problem. Everyday stresses can cause changes in your child's behavior. For example, getting a new brother or sister or going to a new school may cause a child to temporarily act out. Warning signs that it might be a more serious problem include

- Problems in more than one setting (at school, at home, with peers)
- Changes in appetite or sleep
- Social withdrawal or fear of things he or she did not used to be not afraid of
- Returning to behaviors more common in younger children, such as bedwetting
- Signs of being upset, such as sadness or tearfulness
- Signs of self-destructive behavior, such as head-banging or suddenly getting hurt often
- Repeated thoughts of death

To diagnose mental health problems, the doctor or mental health specialist looks at your child's signs and symptoms, medical history, and family history. Treatments include medicines and talk therapy.

NIH: National Institute of Mental Health

#### Start Here

Child and Adolescent Mental Health (National Institute of Mental Health)

Stay Connected

Sign up for the My MedlinePlus newsletter

Enter email or phone number GO

MEDICAL ENCYCLOPEDIA

Children and grief

Generalized anxiety disorder - children

Reactive attachment disorder of infancy or early childhood

Stereotypic movement disorder

Stress in childhood

Traumatic events and children



KidsHealth

from Nemours


for Parents

for Kids

for Teens

for Educators

Q



Kids site >

Sitio para niños >

||

All about how the body works, homework help, and more – just for kids.

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Nemours

KidsHealth from Nemours

Nemours. Reading BrightStart!



Teens site >

Sitio para adolescentes >

||

Support and advice on health, emotions, and life – designed for teens and approved by doctors.



Parents site >

Sitio para padres >

||

Advice on children's health, behavior, and growth – from before birth through the teen years.



Educators site >

||

Expert-approved health education resources for PreK through 12th grade.

**KidsHealth:** [kidshealth.org](https://kidshealth.org)

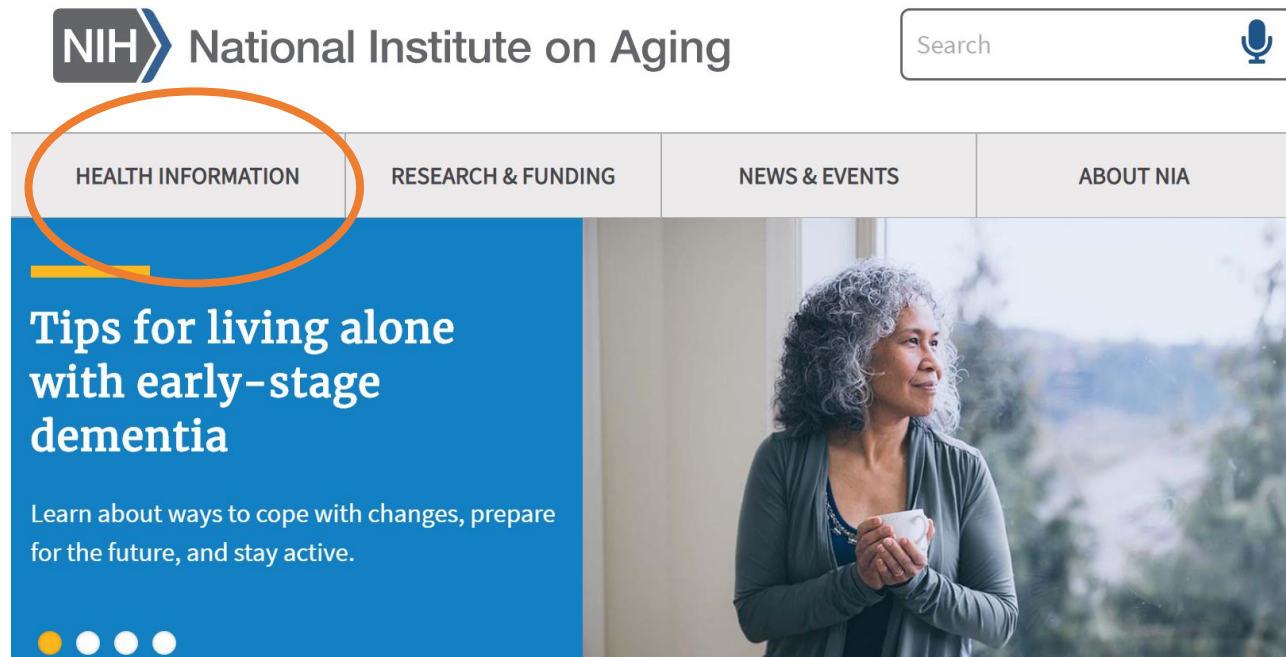
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Pacific Northwest Region

# National Institute on Aging



- Health information
  - Dementias
  - Cognitive health
  - Depression
- Caregiver information
- Free print resources
- Some information in Spanish

[NIA](https://www.nia.nih.gov/): <https://www.nia.nih.gov/>

# MentalHealth.gov

MentalHealth.gov

Let's talk about it.

[Home](#) | [Newsroom](#) | [Español](#)

Q

Basics

What To Look For

Talk About Mental Health

How To Get Help



### Help For Veterans

Service members, veterans and their families are at risk for mental health problems, too.

[Find Out About Resources Available to Service Members](#)

Consumer Guide

Suicide Prevention

Veterans

### Featured Topics



#### Eating Disorders

Extreme emotions, attitudes, and behaviors involving weight and food is a kind of mental health problem. Read more about the causes, symptoms and how to get help.



#### Mental Health Experts, Resources

Find a local organization that can help you coordinate a community event, organize support groups, or provide general info.



#### Help for Young People

OKTALK is a community for teens and young adults struggling with mental



Get Immediate Help

NATIONAL  
SUICIDE PREVENTION  
LIFELINE

1-800-273-8255 (TALK)



Veterans  
Crisis Line

U.S. National Library of Medicine

National Network of Libraries of Medicine  
Pacific Northwest Region



Substance Abuse and Mental Health  
Services Administration

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**1-800-273-8255 (TALK)**  
**TTY: 1-800-799-4889**



**Chat with a professional**

Need to talk to someone?  
Learn more about the Suicide  
Prevention Lifeline.



**1-800-662-HELP (4357)**  
**TTY: 1-800-487-4889**

Seeking treatment options?  
Help is available in both English  
and Spanish. Learn more about the  
SAMHSA National Helpline.



**1-800-985-5990**  
**TTY: 1-800-846-8517**

Experienced a natural or human-  
caused disaster?  
Learn more about the Disaster  
Distress Helpline.

### Treatment Locators

Find treatment facilities and  
programs in the United States or  
U.S. Territories for mental and  
substance use disorders.

- [Behavioral Health Treatment Services Locators](#)
- [Buprenorphine Physician & Treatment Program Locator](#)
- [Early Serious Mental Illness Treatment Locator](#)
- [Opioid Treatment Program Directory](#)

[View All Helplines and Treatment Locators](#)

Find information on locating practitioners and treatment programs

nearest crisis center in the national network of more than 150 crisis

**[SAMHSA](https://www.samhsa.gov/)**: <https://www.samhsa.gov/>

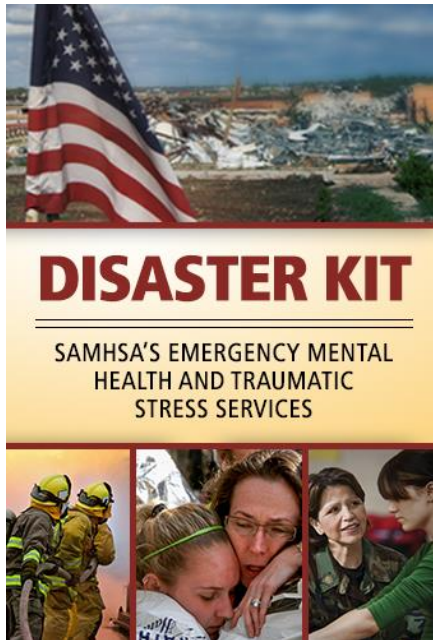


**U.S. National Library of Medicine**

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Pacific Northwest Region



# Publications for Professionals and Patients



If you or someone you know is struggling after a disaster, you are not alone.

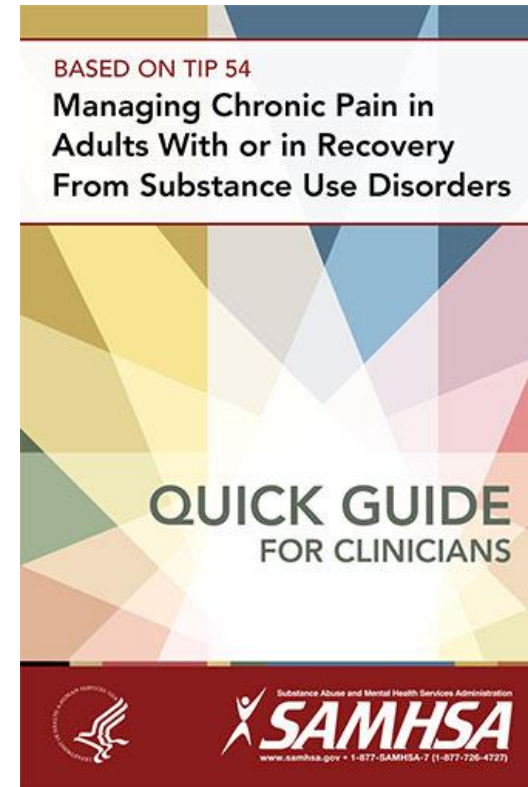


*"Ever since the tornado, I haven't been able to get a full night's sleep ..."*

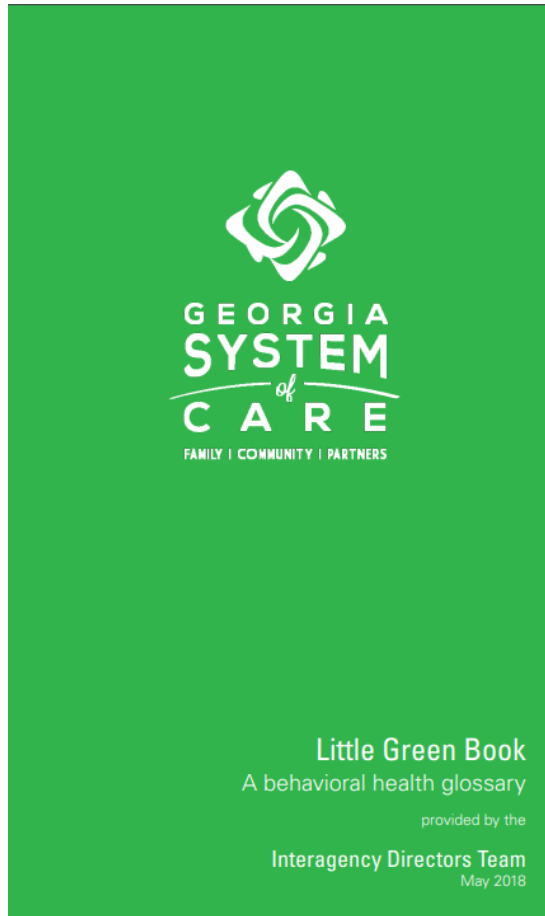
*"I can't get the sounds of the gunshots out of my mind..."*

*"Things haven't been the same since my shop was flooded ..."*

**Talk With Us!**



# Behavioral Health Glossary



- Comprehensive definitions
  - Types of services
  - Types of disorders
- Appendix of common acronyms
- Pocket guide

[Little Green Book: A Behavioral Health Glossary](#)



# Search tips

- Start out with a general site like MedlinePlus to get an overview of your topic
- Keep in mind there may be more than one term for the same condition
- Conditions may manifest in completely different ways
- Though inaccurate, many resources use terms like disease, disorder, spectrum and syndrome interchangeably

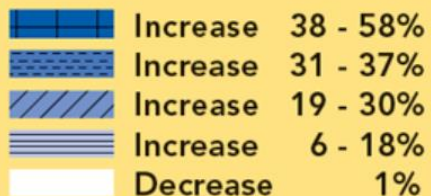
Source: Anderson PF, Allee N. The Medical Encyclopedic Guide to Searching and Finding Health Info on the Web, 2004

# Rising Suicide Rates

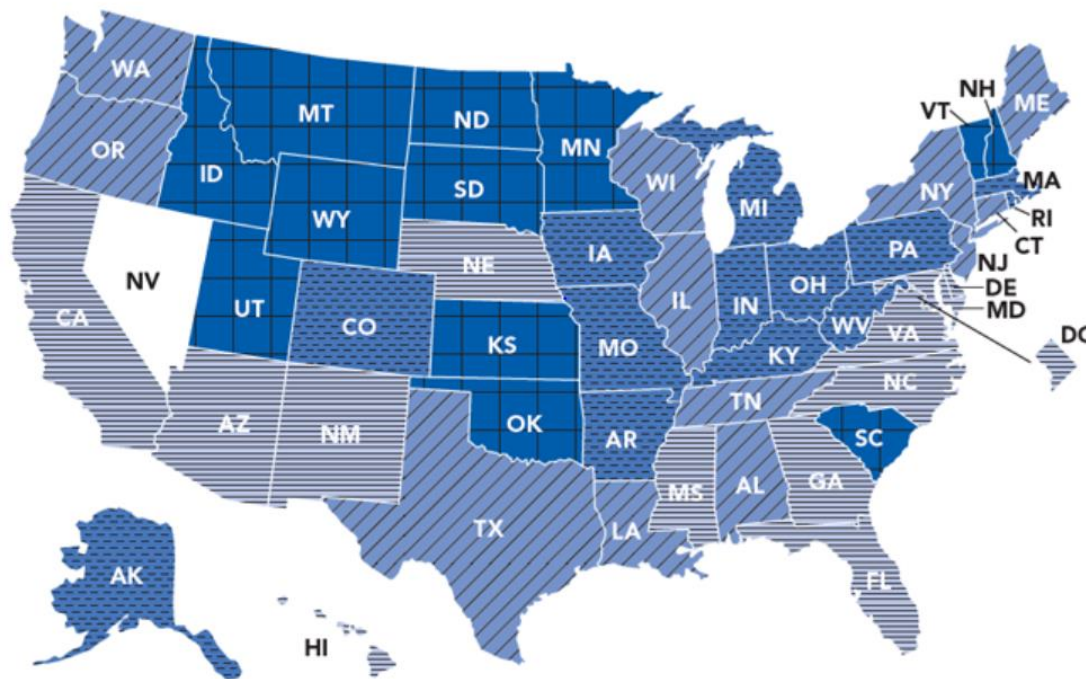
## Suicide rising across the US

More than a mental health concern

Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System;  
CDC Vital Signs, June 2018.



[CDC Vital Signs](https://www.cdc.gov/vitalsigns/suicide/index.html): <https://www.cdc.gov/vitalsigns/suicide/index.html>



# Suicide Prevention

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

GET HELP   LEARN   GET INVOLVED   PROVIDERS & PROFESSIONALS

1-800-273-8255 **CHAT**

En Español | For Deaf & Hard of Hearing

## National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

 1-800-273-8255

- Call and Text
- [National Suicide Prevention Lifeline](http://suicidepreventionlifeline.org) at [1-800-273-TALK \(8255\)](tel:1-800-273-8255)
- [Crisis Text Line](http://crisistextline.org) by texting TALK to [741741](tel:741741)

[National Suicide Prevention Lifeline:](http://suicidepreventionlifeline.org)  
[suicidepreventionlifeline.org/](http://suicidepreventionlifeline.org)  
[Crisis Text Line:](http://crisistextline.org)  
[crisistextline.org/](http://crisistextline.org)

## Suicide Warning Signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



### Talk

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain



### Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities



### Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement



**American  
Foundation  
for Suicide  
Prevention**

- Risk Factors
- Warning Signs
- Additional Resource List: See Resource guide

**[American Foundation for Suicide Prevention:](https://afsp.org/about-suicide/risk-factors-and-warning-signs/)**

**[afsp.org/about-suicide/risk-factors-and-warning-signs/](https://afsp.org/about-suicide/risk-factors-and-warning-signs/)**



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# Montana Resources

[Home » Addictive and Mental Disorders](#)

## Addictive & Mental Disorders

### Contact AMDD

[Staff Contact List](#)

### Suicide Information and Resources

### Crisis Systems Information and Resources

### Provider Training Follow-up Information

[Provider Training Mental Health SUD Power Point](#)  
[Provider Training Mental Health SDMI Power Point](#)  
[Documentation Training for the Medical Record - Video](#)

### Utilization Management and Review Training

[AMDD Non-Medicaid Manual, Effective October 1, 2019](#)

[AMDD Medicaid Services Provider Manual for SUD and Adult Mental Health, Effective October 1, 2019](#)

### Services

[Adult Mental Health Services](#)  
[Substance Use Disorder Services](#)  
[Mental Health Services Bureau Programs and Contacts](#)  
[Children's Mental Health Services](#)

### Find Treatment

### Treatment Services Locator

[Map of Montana Substance Use Disorder Providers](#)  
[Crisis Text Line](#)  
[Montana Mental Health Centers](#)

## Addictive & Mental Disorders Division

### [Addressing Substance Use Disorder in Montana - Strategic Plan](#)

The mission of the Addictive and Mental Disorders Division (AMDD) of the Montana Department of Public Health and Human Services is to implement and improve an appropriate statewide system of prevention, treatment, care and rehabilitation for Montanans with mental disorders or addictions to drugs or alcohol. AMDD provides substance abuse and adult mental health services by contracting with behavioral health providers throughout Montana.



[Adult Mental Health Services](#)



[Substance Use Disorder Services](#)



[Children Mental Health Services](#)

[Suicide Information and Resources](#)

[Mental Health County Resource Guide](#)

[Behavioral Health Forms and Applications](#)

To contact AMDD with general questions or concerns:  
[HHS AMDD.GEN.DEL](#)

[Montana Resources](#)

# Additional Resources and Collections

National Health Observances | Graphic Medicine | NLM Exhibition Program |  
Bibliotherapy



# May



## Mental Health Month

- Webinar: [Caring for the Mind](#) : May 21, 2019 (3:00PM - 4:00PM ET)
- Printer-friendly handout (8.5"X11") [Mental Health Support for Public Library Staff](#).
- Printer-friendly handout (8.5"X11") [Caring for the Mind: Mental Health Resources for Library Patrons](#)
- Electronic bulletin slides:
  - [Mental Health Month: MedlinePlus](#)
  - [Mental Health Month: NIMH Resources](#)
- Social Media Promotional Materials:
  - [Mental Health Month: MedlinePlus Facebook Image](#)
  - [Mental Health Month: MedlinePlus Twitter Image](#)
  - [Mental Health Month: NIMH Resources Facebook Image](#)
  - [Mental Health Month: NIMH Resources Twitter Image](#)

**NNLM National Health Observances**



# Mental Health Resources

- National Health Observances
- Educational flyers for public library patrons
- Printer-friendly
- Webinars & Social Media

## Caring for the Mind: Mental Health Resources



**MedlinePlus: Mental Health** <https://medlineplus.gov/mentalhealth.html>  
MedlinePlus is the National Institutes of Health's website for patients and their families and friends. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, for free. Check out the Mental Health topics page or read about thousands of other health topics.

**National Alliance on Mental Illness** [www.nami.org](http://www.nami.org)  
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI supports a mental health emergency helpline.  
In a Crisis?  
Call 800-950-6264  
Text NAMI to 741741

**National Center for PTSD** <http://www.ptsd.va.gov>  
The National Center for Posttraumatic Stress Disorder, from the US Department of Veteran Affairs, provides information for Veterans and the general public as well as researchers and providers. Resources include printable materials, videos, and a PTSD Mobile App to help manage symptoms and cope.

**National Mental Health Information Center** <https://findtreatment.samhsa.gov>  
The Substance Abuse and Mental Health Services Administration (SAMHSA) offers a helpful site for information on substance abuse, mental illness and coping with disaster. Resources include help lines and a Behavioral Health Treatment Services Locator.

**National Suicide Prevention Lifeline** <https://suicidepreventionlifeline.org>  
The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Chat, En Español, for deaf & hard of hearing, and learning resources available.  
1-800-273-8255 (TALK)

**Pillbox** <http://pillbox.nlm.nih.gov>  
The Pillbox website was developed to aid in the identification of unknown pills. It combines images of pills with the appearance and other information to enable users to visually search for and identify oral solid dosage form medications.

**Psychologist Locator** <https://locator.apa.org>  
American Psychological Association's tool for finding the right psychologist for you.

 U.S. National Library of Medicine  
National Network of Libraries of Medicine

 The Future of Health Begins With You

# NNLM Reading Club

## Book Selections and Health Resources: Mental Health

Mental Health Awareness Month

Mental Health Resources

Hidden Valley Road

Little Panic


Maybe You Should Talk To Someone

Everything Here Is Beautiful

Gorilla and The Bird

Rx: A Graphic Memoir


### Mental Health Awareness Month



Mental illness is a real condition that affects a person's thinking, feeling, behavior, or mood. It's also common: 1 in 5 U.S. adults report mental illness each year. Unfortunately, these conditions deeply impact day-to-day living and may also affect the ability to relate to others. The good news?

### Start the conversation!

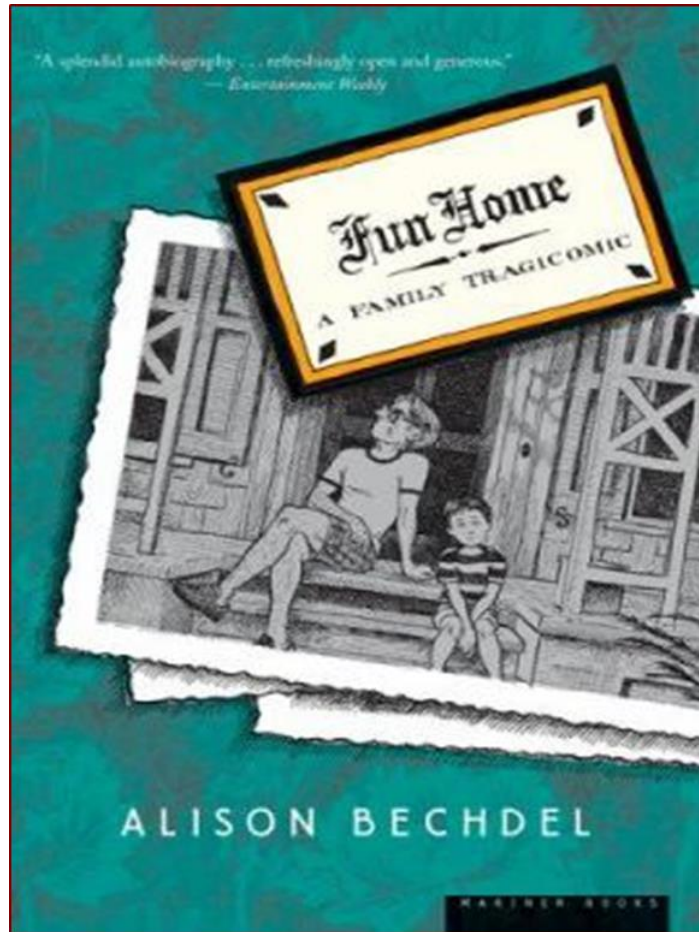
Choose one of the three NNLM Reading club books. Then download the discussion guide, promotional materials, and corresponding health information.



- Join NNLM (institutional)
- Free kit
  - Books
  - Discussion questions
  - Bookmarks
  - MedlinePlus Magazine
- Online resources

[NNLM Reading Club](#)

# Graphic Medicine



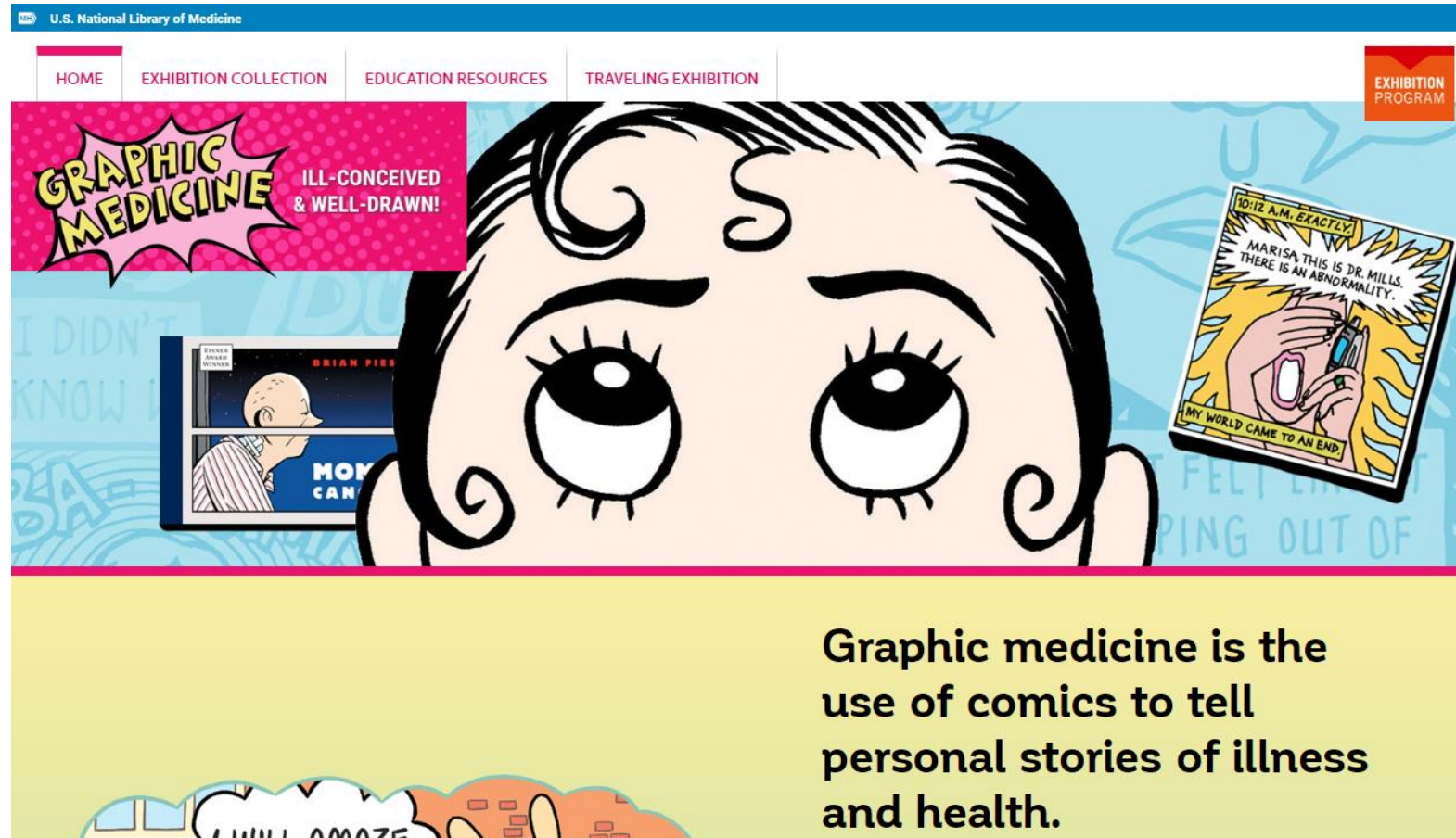
- Graphic medicine combines visual storytelling and medicine
- NNLM NER Graphic Medicine Initiative
- Topics such as addiction, epilepsy, grief, mental health, cancer, and more
- Full booklists, discussion guides
- Pictured: Fun Home by Alison Bechdel

[Graphic Medicine Initiative](#)





# NLM Graphic Medicine



[NLM Graphic Medicine exhibit](#)

# Coping During Disease Outbreaks

## World Health Organization



World Health Organization

### Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



## SAMHSA – Coping with Stress



Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727) | [Info@samhsa.hhs.gov](mailto:Info@samhsa.hhs.gov) | <https://store.samhsa.gov>



### Coping With Stress During Infectious Disease Outbreaks

#### What You Should Know

When you hear, read, or watch news about an outbreak of an infectious disease such as Ebola, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

#### Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

#### YOUR BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

#### Know When To Get Help

You may experience serious distress when you hear about an infectious disease outbreak, even if you are at little or no risk of getting sick. If you or someone you know shows signs of stress (see list at left) for several days or weeks, get help by accessing one of the resources at the end of this tip sheet. Contact the National Suicide Prevention Lifeline right away if you or someone you know threatens to hurt or kill him- or herself or someone else, or talks or writes about death, dying, or suicide.

## SAMHSA – Tips



### TAKING CARE OF YOUR BEHAVIORAL HEALTH

#### Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

##### What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

##### What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

##### What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

#### Introduction

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about **social distancing**, **quarantine**, and **isolation**. The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

#### What To Expect: Typical Reactions

Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

##### Anxiety, worry, or fear related to:

- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items
- **Concern** about being able to effectively care for children or others in your care
- **Uncertainty or frustration** about how long you will need to remain in this situation, and uncertainty about the future
- **Loneliness** associated with feeling cut off from the world and from loved ones
- **Anger** if you think you were exposed to the disease because of others' negligence
- **Boredom and frustration** because you may not be able to work or engage in regular day-to-day activities
- **Uncertainty or ambivalence** about the situation
- **A desire** to use alcohol or drugs to cope
- **Symptoms of depression**, such as feelings of hopelessness, changes in appetite, or sleeping too little or too much

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727) | [Info@samhsa.hhs.gov](mailto:Info@samhsa.hhs.gov) | <http://store.samhsa.gov>



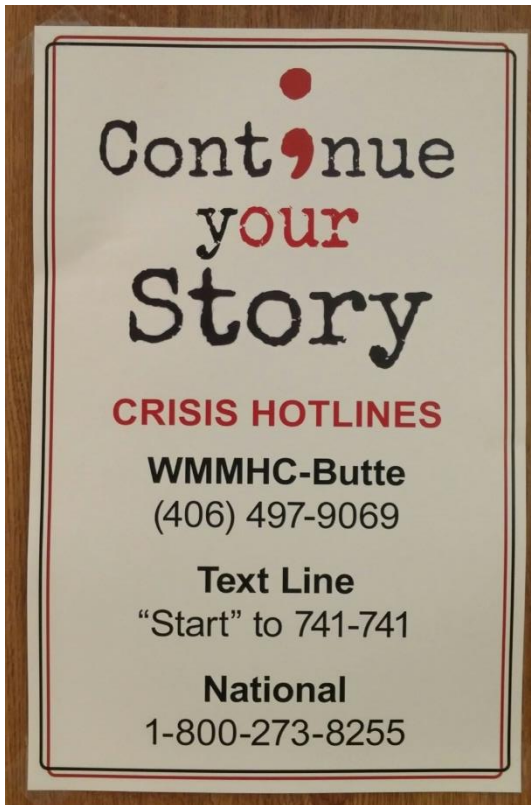
# Teen Hygiene Health Center at the Rockwood Makerspace

(Multnomah County, OR)

[WebJunction story on Teen Hygiene Health Center](#)



# Expanding Children's Mental Healthcare in Butte/SilverBow (Butte, MT)



**Health Disparities  
Information Outreach Award**

Early Childhood Coalition (the  
Butte Community Council)  
and Children's Mental Health  
Committee

[PNR Partners webinar session recording](#)



# Potential Partners / Community Resources

- Developing social supports/Support groups
- Alternative therapy
- Counseling and Psychiatry
- Career counselors
- Faith based organizations
- Local public health department mental health division
- Hospital (day treatments, in-patient)
- Organizations that provide health information
- Others? Instagram #hereforyou

# Important Tip: Be Prepared

Work with your administrators to have an institutional plan and make sure that **EVERYONE**, including volunteers, knows what to do if you need to address a situation with someone exhibiting signs of mental illness.



# Mental Health First Aid

USA  
MENTAL HEALTH FIRST AID

TAKE A COURSE BE AN INSTRUCTOR BE THE DIFFERENCE ABOUT NEWS

Home ▶ Take A Course

## Take A Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. [Find a course](#) near you.

*En Español*

### 4 Reasons to Become a Mental Health First Aider

- Be prepared**  
When a mental health crisis happens, know what to do
- You can help**  
People with mental illnesses often suffer alone
- Mental illnesses are common**  
1 in 5 adults in any given year
- You care**  
Be there for a friend, family member, or colleague

### What You Learn

- ▶ Risk factors and warning signs of mental health problems.
- ▶ Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ▶ A 5-step action plan to help someone developing a mental health problem or in crisis.
- ▶ Where to turn for help — professional, peer, and self-help resources.





**FIND A COURSE**

**FIND INSTRUCTOR TRAINING**

**DONATE NOW**

**MENTAL HEALTH FIRST AID AT WORK**

“When a loved one has cancer, families rally around — they cook, clean, drive their loved ones to doctor’s appointments, and much more. But when someone is struggling with depression, anxiety, trauma, or other mental conditions, family members are not sure what to do.”

—Lisa,  
Washington, D.C.

**READ SUCCESS STORIES**

- 8 hour training
- National Council for Behavioral Health
- Not affiliated with NLM or NNLM
- Cost: varies

[Mental Health First Aid: mentalhealthfirstaid.org](https://mentalhealthfirstaid.org)



# Recommended Resources for Library Staff



- [Wellness in the Library Workplace](#)  
(August 3-16, 4 CHIS credits)
- [Introduction to Mindfulness:  
Nourishing Ourselves in These Times](#)  
(May 27 webinar)
- [ALA-APA Wellness](#)
- [Greater Good Magazine: Science-  
Based Insights for a Meaningful Life](#)



# Take Home Points

- Fight stigma
- Be proactive about your mental health
- Cultivate your knowledge of mental health resources
- Do your very best when assisting those with mental health issues
- Keep the dialogue going at your library/organization – be a leader in the community
- Make a plan with your team

# Thank You!

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